Fast Food:
Diggin' In

"The name of products contained in this briefing does not imply AF or DOD endorsement"

Fast Food Misconceptions

- “Fast food isn’t THAT bad.”
- “If I’m going to eat it, I might as well go all the way.”
- “I’m working out now, I’ll work it off.”
- “If I’m going to lose weight, I can NEVER eat fast food.”

It Can Fit

"Ignorance is Bliss"

Bad News

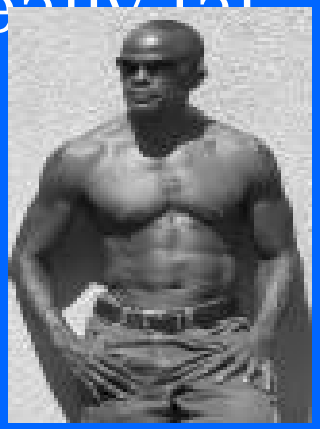
You can get REALLY fat.

No More Super sizing

"Knowledge is Power"

Good News

You don't have to get really fat



Healthier Options

How Many Calories Do You Need?

If You Are:	Male	Female
Trying to lose weight	1500-1800	1200-1500
Trying to maintain weight	1800-2000	1500-1800

Active add 200 –300 calories to the above category that applies to you

** Active: a minimum of 3 days per week of 30 – 60 minutes of aerobic activity

McDonald's

Crispy Chicken

Calories: 510

Fat (g): 26

Miles: 4.5 (55 min)

Chicken McGrill

Calories: 400

Fat (g): 16

Miles: 3.5 (42 min)

Assuming 12 min mile for 150 lb person

Subway

Footlong (12”) Tuna & Cheese Sub

Calories: 1,000

Fat (g): 53

Miles: 8.7 (105 min)

6” Ham & Cheese

Calories: 330

Fat (g): 8.5

Miles: 2.9 (35 min)

Assuming 12 min mile for 150 lb person

İYo Quiero Taco Bell!

Taco Salad with Salsa

Calories: 790

Fat (g): 42

Miles: 6.9 (83 min)

Chicken Gordita Supreme

Calories: 290

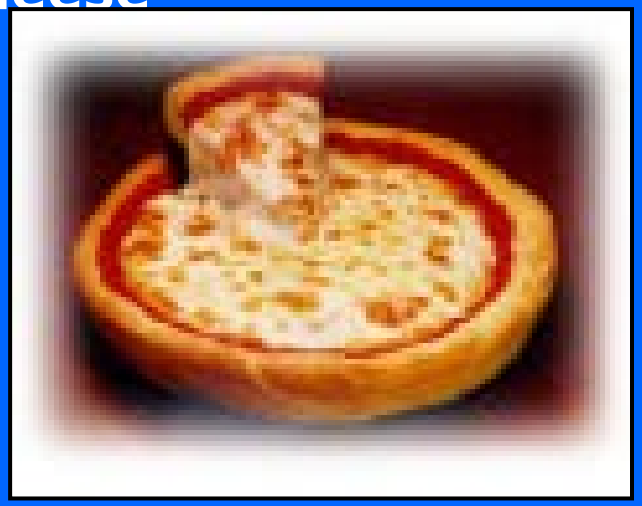
Fat (g): 12

Miles: 2.5 (30.4 min)

Assuming 12 min mile for 150 lb person

Two Slices Too Many!

Ultimate Deep Dish Cheese



Calories: 677

Fat (g): 30

Miles: 5.9 (71 min)

Thin Crust Cheese

Calories: 382

Fat (g): 17

Miles: 3.3 (40 min)

Assuming 12 min mile for 150 lb person

Burger King

Double Whopper Value Meal

(med fries, med coke)

Calories: 1650

Fat (g): 76

Miles: 14.4 (173 min)

Whopper Junior Value Meal

(sm diet coke)

Calories: 620

Fat (g): 33

Miles: 5.4 (65 min)

Assuming 12 min mile for 150 lb person

Dessert Anyone?

Medium M&M® McFlurry

Calories: 910

Fat (g): 33

Miles: 8 (95 min)

Strawberry Sundae

Calories: 290

Fat (g): 7

Miles: 2.5 (30 min)

Assuming 12 min mile for 150 lb person

It is possible!

Wendy's

- 99 Cent Chili
- 99 Cent Jr Cheeseburger
- 99 Cent Salad
- 99 Cent Diet Soda

Helpful Tips:

- Side Dish: Try a salad or ask for a small size of fries
- Preparation: Go grilled!
- Stay simple: Be cautious with sauces and extra cheese